

# SPIRITUALITY OF SELF-ESTEEM: UNLOCKING YOUR POTENTIAL

*"Just to be is a blessing, just to live is holy."*  
*Abraham Heschel*

A 7-week workshop  
to  
DISCOVER

- ❖ the BLESSING you are
- ❖ the "WELL" within
- ❖ the UNFOLDING MYSTERY of yourself
- ❖ the KEY to healthy relationships

*Process for each session:*  
*presentation*  
*visualization*  
*creative expression*

Date: Beginning Tues. Feb. 1, 2000  
Time: 2:00-3:30  
Place: SGW Annex Z 2090 Mackay Rm 104  
Info & Reg: Michelina Bertone, SSA 848-3591